

The ABCs of Diabetes Care

There is an easy way to help you know what to do to take care of your diabetes. Just follow the ABCs of diabetes care.

A is for Aspirin and A1c.

Take an Aspirin every day

You are less likely to have a heart attack or stroke if you take an aspirin every day. Ask your health care provider about taking an aspirin every day.



Get an A1c test twice a year

An A1c test tells you how much sugar is in your blood. Ask your provider about getting an A1c test two times a year.

What is your A1c? _____

When was the last
time your provider
checked your A1c
(blood sugar)? _____

B is for Blood pressure.

Keep your Blood pressure low

You are more likely to have health problems if your blood pressure is high. Talk to your provider about how to keep your blood pressure below 130/80. If you take blood pressure medicine, always take it just the way your provider tells you. Other things that you can do to help keep your blood pressure low are:

- Don't eat salty foods.
- Don't drink much alcohol.
- Exercise every day for at least 10 minutes.
- Keep your weight down.

What is your
blood pressure? _____

When was the last
time your provider
checked your blood
pressure? _____



C is for Cholesterol.

Keep your Cholesterol low

Fat in your blood is called cholesterol. High cholesterol makes it harder for your blood to get your heart. You are more likely to have a heart attack, stroke or other health problems when you have high cholesterol.

Ask your provider to check your cholesterol at least once a year. If you take cholesterol medicine, always take it just the way your provider tells you. Other things you can do to lower your cholesterol are:

- Eat low fat foods like fresh vegetables and lean meats.
- Eat less high fat foods like fast foods, fried foods and baked sweets that may contain eggs, heavy cream or butter.
- Exercise every day for at least 10 minutes.

Bad cholesterol is called LDL.

What is your LDL? _____

When was the last
time your provider
checked your
cholesterol? _____



Other things you should do to
take care of yourself are:

- Get a flu shot every year.
- Do not smoke. For help quitting,
contact the Montana Tobacco
Quit Line at 1-866-485-QUIT (7848).

Call the Nurse First Diabetes
Program at **1-800-330-7847**
anytime you are sick or hurt.
The nurses are there 24 hours a
day, 7 days a week.

Taking Care of Your Diabetes



The Nurse First
Diabetes Program

Montana Medicaid

